



North Region Coastal District

Department of Conservation and Recreation

October 2021 Programs

All Programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. Please follow all current COVID guidelines: [Mass.gov/COVID](https://www.mass.gov/covid).

For more information call (781) 656-1485 or email matthew.nash@mass.gov

Friday October 8 **IMMERSE YOURSELF IN NATURE** 8:00 am & 9:00 am

**Saturday
October 9** Use your senses to enliven and enrich your experience of nature and discover how these invitations can amplify your peace, creativity, and health. Each session is approximately 45 min to an hour in length. Be prepared for sitting, standing, and walking short distances. Bring a small chair, blanket, pillow or pad to sit on. Appropriate for Adults and Teens.

Meeting Location: At DCR's Revere Beach Reservation on the lawn and nearby beach at Eliot Circle. Look for the lawn signs "DCR Public program today. All are welcome."

Saturdays October 2 & 16 **An OASIS FOR BIRDS** 7:30-8:30 a.m.

Explore DCR's Belle Isle Marsh & vicinity, which are known birding hotspots with a total yearly bird count of about 265 species. We will search for Raptors, native sparrows, finches, herons and egrets. Expect to move to different locations by car or bicycle and on foot. Appropriate for Adults and Teens. Co-sponsored by the Friends of Belle Isle Marsh.

Meeting Location: DCR's Belle Isle Marsh Reservation parking lot, 1399 Bennington Street, East Boston, MA

Note that this program meets every month of the year on the 1st & 3rd Saturday of the month except when occurring on State or National Holidays.

If you would like to receive regular emails about our current program schedule, please send a message to Matthew.Nash@mass.gov

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1 Eliot Circle, Revere, MA 02151 Tel. (781) 656-1485

coming events